

Using Your Insulin



Information leaflet

Your Insulin is called:

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- .

Take your insulin:

Just before or within 15 minutes of eating meals:
breakfast, lunch, evening meal

Your starting insulin dose is:

Breakfast.....
Lunch.....
Evening meal.....
Bedtime.....

If you have a pre-mixed insulin or NPH insulin gently tip or roll your insulin pen between the palms of your hands (10-20 times), to ensure insulin resuspension. Then check the insulin flow by doing a 2 unit air shot.

Injecting your insulin:

For the best insulin absorption you should inject into the fatty tissue just under the skin area at a 90-degree angle. Pinching up the skin will help you to avoid giving an intramuscular injection.

Inject your insulin into your:

Stomach Outer thighs Buttocks

Injection Site rotation: rotate within sites moving about a fingers breadth from last injection point to avoid lipo's (fatty lumps).

Needle Use: Needle manufacturers suggest that you use a new needle each time you do an injection.

Sharps Disposal: It is important that you follow the advice given by your Nurse/Dr and dispose of your insulin equipment safely.

Your Blood Glucose Targets are:

Adjusting Insulin:

You will usually be advised to increase your insulin doses (by 2 – 4 units) every 3 - 7 days until your blood glucose targets have been reached. It is important to do this along with eating a healthy diet, watching your weight and trying to ensure that you exercise regularly.

Minimising Hypoglycaemia ‘Hypo’s:

Your Nurse/Dr will have discussed this with you but remember that a blood glucose that is below 4.0mmol/l is too low and increases your risk of having a ‘hypo’. Ensure that you always carry rapid acting carbohydrate with you in the form of lucozade, glucose tablets, dextrose tablets or glucogel etc.

If you do have hypo symptoms (feel shaky, sweaty, have palpitations, feel vacant etc.) then you must stop what you are doing take some rapid acting carbohydrate and then have a snack (sandwich, cereal bar, piece of fruit) or your meal if ready.

Please remember that your Diabetes Nurse/Dr will assist you with adjusting your insulin therapy until you are confident to do so independently.



Useful Contact Numbers:

Diabetes Education Centre
01246 512113

Dietetics Department
01246 512173

Appointments
01246 516090

NHS Direct
0845 4647

Chesterfield Royal Hospital 
NHS Foundation Trust

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